

TITLE OF INVENTION

Method of Heating a Food

ABSTRACT OF THE DISCLOSURE

The present invention is directed to a method of heating a food,
5 comprising the step of imparting microwave energy to a food wherein a
portion of the microwave energy is converted to heat by use of a coating
derived from an ink comprising natural polymer binder, substantially non-
aggregated particulate nonmetallic microwave susceptor material, an
aqueous solvent for the natural polymer binder, and, optionally, a chemical
10 dispersing aid. The food is heated, and preferably browned, without the
occurrence of electrical arcs that would burn the food or damage the oven.